

A377 – BLACKBERRIES, MARION PUREE, 5.75 LB

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Blackberry puree is produced from ripened blackberries with a tart flavor and aroma, free from fermentation and any off flavors or odors. The consistency is thick and smooth. The blackberry color is bright reddish purple to dark purple. The pH range is 2.9-3.6.
PACK/YIELD	<ul style="list-style-type: none"> 6/5.75 lb pkgs per case. One 5.75 lb case AP yields about 11 cups thawed blackberry puree and provides about 44.2 ¼-cup servings thawed blackberry puree. One lb AP yields 1 lb (about 1⅞ cups) thawed blackberry puree and provides about 7.7 ¼-cup servings thawed blackberry puree. CN Crediting: ¼ cup thawed blackberry puree provides ¼ cup fruit.
STORAGE	<ul style="list-style-type: none"> Store unopened frozen blackberries at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten life and speed deterioration. Store thawed blackberry puree covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Proper thawing is the key to product quality. For best results, thaw the product at 40 °F. Promptly return any unused product to the refrigerator.



Nutrition Information

Blackberries, puree, unsweetened

	¼ cup (61 g)	½ cup (121 g)
Calories	24	48
Protein	0.66 g	1.32 g
Carbohydrate	5.44 g	10.88 g
Dietary Fiber	1.8 g	3.7 g
Sugars	2.96 g	5.92 g
Total Fat	0.04 g	0.07 g
Saturated Fat	N/A	N/A
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.6 mg	1.3 mg
Calcium	9 mg	18 mg
Sodium	1 mg	2 mg
Magnesium	N/A	N/A
Potassium	N/A	N/A
Vitamin A	41 IU	82 IU
Vitamin A	N/A	N/A
Vitamin C	2.6 mg	5.2 mg
Vitamin E	N/A	N/A



USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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USES AND TIPS	<ul style="list-style-type: none">• Puree may be used as a recipe ingredient.• Use as a recipe ingredient for bakery products served at breakfast or lunch.• Use in fruit roll-ups or bars, cobblers, pastry fillings, gelatin salads, and desserts.• Use as a flavoring for yogurt, fruit drinks, pudding, syrup for pancakes and French toast, cream cheese spread, dessert toppings and sauces, and salad dressings.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135°F for 15 seconds.• Do not refreeze blackberry puree.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.